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info@campuschaos.ca



**Bay is
a tyrant
on set:
Fox**
pg 23



Calgary **Labour Day Classic**

Edmonton Eskimos quarterback Rickey Ray, gets pressure from Calgary Stampeders Malik Jackson during first-half CFL football action in Calgary for the annual Labour Day Classic between the two teams. The Stampeders beat the Eskimos 32-8. **Story, page 13.**

Food pg 16



Starting today, our Food section appears every Tuesday to bring you great recipes earlier in the week — and give you more time to plan your weekend entertaining.

Entertainment pg 21



Cold one for Beckinsale

ShareYourViews

edmontonletters@metronews.ca

Workers block trucks

Safeway employees strike for better job security

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

Rain drizzled down on hundreds of striking Safeway employees on the first day of a stand against what they say are unfair working conditions.

"We're locked out, so we're locking them out," said striking order selector Nathan Couture.

They created a human roadblock at entrances to Safeway's main distribution centre, as company higher-ups looked on from a row of rented vehicles. Few words were exchanged between the two groups.

"We're locked out, so we're locking them out."

Nathan Couture, striking order selector

"We do respect the process of picketing and do understand it's a legal activity," said Safeway spokeswoman Betty Kellsey. "What is not acceptable and illegal is blocking trucks in and out of that facility."

The company is seeking an injunction from the labour board.

Safeway took out ads following strike notice, offer-

ing replacement workers \$18.41 per hour to pick up the slack created by 360 missing bodies.

Union rep Doug O'Halloran calls labour laws "archaic," adding they don't prevent people from crossing the picket lines to fill vacant jobs.

"They call them 'replacement workers,' we call them 'scabs,'" he said. "These are people that cross the picket lines and try to steal these jobs away. They're literally selling their souls at the cost of these workers."

Kellsey confirmed Safeway has hired around 90 trained replacement work-

ers, who are ready to fill slots as soon as strikers allow trucks in and out of the property. She added third-party help will take over remaining distribution duties until the strike is resolved.

"We're not going to take any physical action against them — they're just trying to make a living, but they're not going to take our jobs," Couture said.

O'Halloran says the strike could last over three weeks.

Workers want job security, better working conditions, higher wages and a return to a 37-hour work week from an impending 40 hours.

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Local



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METRO EDMONTON



News in brief

ALBERTA BEACH Police say 20-year-old Albert Bradley Noseworthy had been drinking at local bars in Alberta Beach before his body was found early Sunday at the boat pier in less than two metres of water. The young man's body was recovered from the bottom of Lac Ste. Anne. The pier had been packed with people the night before as they watched fireworks being lit for Labour Day weekend. Police are continuing their investigation, but one resident said the pier can be a dangerous spot at night. An autopsy is scheduled for later this week.

THE CANADIAN PRESS

Labour Day bbq has 20-yr high turnout

Rising unemployment a reality

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

A wait in a rainy, hour plus-long lineup with hundreds just as hungry wasn't enough to keep Maegan Byerley from feeding her family a free, hot meal yesterday.

"Truly, this event counts for two full meals for some people," said Edmonton and District Labour Council president Tom Olenuk, staring at a winding human line that spanned Giovanni Caboto Park yesterday afternoon.

More unemployed and underemployed Edmontonians ventured out for the free Labour Day barbecue than have attended the event in its 20-year run, Olenuk said.

By mid-afternoon, organizers who hauled 3,500 hamburgers and 3,000 hot dogs to the park were running out of food.

"It's a graphic picture that policies at various levels of government simply aren't working to get or keep people employed or retrain them," Olenuk said. "They're telling us about how well-off we are in Alberta. It may look good in the Maritimes, but we're not the Maritimes."

For families like Byerley's, the rising unemployment problem in Alberta is their daily reality.

The 23-year-old mom says that both she and her com-

"We only had \$100 this month to spend on groceries — we really needed this barbecue."

Maegan Byerley, unemployed mom

mon-law husband have been unemployed for over a year, and jobs for uneducated, young parents are hard to come by.

She said while she was pregnant with now-15-month-old Dante, the couple was living on the streets. The family has since found a home, but are living well below the poverty line.

"Between taking care of the house and my kid, it's hard," she said. "We make sure we have Dante's needs taken care of before our own. We only had \$100 this month to spend on groceries — we really needed this barbecue."

According to a recent Statistics Canada report, Alberta's unemployment rate rose to 7.4 per cent in August, up 0.2 per cent from July.

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Edmonton Oilers rookie prospect Jamie Bates, front, takes a check from Alex Plante yesterday at Rexall Place during rookie training camp scrimmage.

Fans watch rookies battle for spots

Edmonton Oilers prospects hit the ice yesterday morning to impress coaches and fans alike.

The Oilers Rookie Camp was open to the public at Rexall Place, and dozens of fans came out in Oilers jerseys to watch young hopefuls battle for an invitation to the main training camp — and a possible spot on this season's roster.

"It's really neat to see all the rookies play," said Dalton Schamehorn, 16. He thinks Jordan Eberle will make a good addition to the team. "We need some scoring up front," he said.

This is Eberle's second run at rookie camp since Edmonton drafted him in 2008. The 19-year-old forward said he's worked hard with the Oilers' skating and skills coach, Steve Serdachny, to improve his speed and strength.

"I feel a lot better and stronger out there, and definitely more aware of what's going on," said Eberle.

Despite all his efforts, Eberle said he faces some stiff competition. "They have a lot of young forwards and a lot of guys that play similar to how I do," he said. "I'm going to try and make

the coaches make it a tough decision to send me back."

Eberle said if he goes back to the WHL, he'll get a chance to win the Memorial Cup and play in the World Juniors in his home province of Saskatchewan. "It's a win-win for me," he said.

While Eberle appeared to be the fan favourite, Mike Daigle said defenceman Alex Plante and right-winger Burke Gallimore looked strong on the ice.

"I pick whoever my dad picks," said Daigle's six-year-old son, Jamie.

CARMEN WALL/
FOR METRO EDMONTON

Cyclist remembered in traditional ceremony

The Albertan father of a cyclist killed during an altercation on the streets of Toronto joined aboriginal leaders in smoking a peace pipe during a traditional ceremony to commemorate his son.

About 50 people gathered in a hall at the Native Canadian Centre of Toronto yesterday to pay respects to 33-year-old Darcy Allan Sheppard, who was raised in Edmonton and of Cree, Metis

and Ojibwa heritage.

Sheppard died after falling from the side of a convertible sports car following an altercation with the driver last Monday night.

THE CANADIAN PRESS

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A man determined to protect his yard from an intruder faces criminal charges after he shot a bear with a bow and arrow. The bear died and the Hanmer, Ont., resident escaped injury following an incident yesterday afternoon near Sudbury. **THE CANADIAN PRESS**

Canada



MP told of journalist's progress

Liberal MP Dan McTeague says sources in Iran have told him that Maziar Bahari, left, a Canadian journalist detained in Tehran, has been acquitted of all minor charges against him. McTeague says sources close to this case say Bahari, accused by the Iranian government of being a spy, successfully defended himself in a trial on Aug. 12, 2009. Bahari, 42, had been on assignment in the country covering the presidential elections when he was arrested June 21 in a widespread post-election crackdown. **THE CANADIAN PRESS**

Slain soldiers coming home

Maj. Yannick Pepin, the highest-ranking Canadian killed in combat in Afghanistan, had lamented the death of two soldiers under his command just five weeks ago.

Yesterday, the bodies of Pepin, 36, and Cpl. Jean-Francois Drouin, 31, were being flown back to Canada after an emotional ramp ceremony at Kandahar Airfield.

They died Sunday in a powerful roadside bomb blast that hit their armoured vehicle on a road southwest of Kandahar, bringing to 129 the total number of Canadian soldiers who have died as part of the Afghan mission since 2002.



Yannick Pepin

Jean-Francois Drouin

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Both men were members of the 5 Combat Engineer Regiment based in Valcartier, Que.

THE CANADIAN PRESS

Grits testing election messages

POLITICS Listen carefully: You can hear the usual Parliament Hill yadda-yadda suddenly evolving into a higher form of political blah-blah-blah called campaign messaging.

The rhetoric emerging over the last week is being tweaked and tested and is likely what Canadians will hear repeatedly should there be a fall election.

Liberal Leader Michael Ignatieff got the ball rolling last week when he declared he could no longer support the minority Conservative government. That's when he road-tested the phrase "We can do better," later to be echoed in the party's new TV commercials released over the weekend.

The ads portray the professorial Ignatieff as a friendly, positive man with a wise, worldly perspective that would be a valuable as-



Liberal Leader Michael Ignatieff got the ball rolling last week by test-driving the election catch phrase, "We can do better." Insiders say the Tories are still formulating their campaign themes.

set in tackling complex economic and environmental issues. The Conservatives,

say insiders, are still formulating their campaign themes. **THE CANADIAN PRESS**

Court order sought in prisoner transfers

AFGHANISTAN A military watchdog agency has subpoenaed senior federal officials and is seeking a court order to force the Conservative government to release withheld information concerning the controversial transfer of suspected Taliban fighters into Afghan custody.

Subpoenas have been served on four former commanders of Canadian troops in Kandahar, the deputy minister and four employees of foreign affairs, and the chief of the Correctional Service of Canada. **TORSTAR NEWS SERVICE**

News in brief

CRIME A Quebec man is facing a dangerous offender status following his 19th conviction for drunk driving.

THE CANADIAN PRESS



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German customs officer injured in explosion

Police say a customs officer at Frankfurt Airport injured his hand when a package exploded while en route through the mail. **THE ASSOCIATED PRESS**

5

World



British cop pleads guilty

A former British child abuse detective has pleaded guilty to having sex with a 15-year-old girl whose family he had befriended during an investigation. Andrew Rowe hung his head after admitting he committed five sexual offences earlier this year. He entered his plea yesterday in Birmingham. **THE ASSOCIATED PRESS**

Sudanese woman spared flogging

A Sudanese woman journalist was convicted yesterday of public indecency for wearing trousers, but was spared a sentence of flogging.

A defiant Lubna Hussein said she would not pay a \$200 fine and would take a month in prison instead to protest Sudan's draconian morality laws.

The 43-year-old has set out to challenge the police and courts since her arrest in July by insisting the case

go to trial, aiming to embarrass the Khartoum government with the publicity.

Her prosecution — and the prospect that she could get the full sentence of 40 lashes — drew an international outcry.

"I will not pay a penny," Hussein, who during the court session wore the same trousers that sparked her arrest, told The Associated Press after the ruling.

During the session, police

rounded up about 40 women protesting outside the courthouse in support of Hussein, some of them wearing trousers as well in a sign of solidarity.

Lawyers said Hussein would be taken to a jail after she refused the fine.

In a column Friday in the British daily Guardian, Hussein said her case is not an isolated one, but is emblematic of repressive laws in a country with a long history of civil con-

flicts.

"When I think of my trial, I pray that my daughters will never live in fear of these police," she wrote.

THE ASSOCIATED PRESS

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U.S. President Barack Obama waves after his speech at the AFL-CIO Labour Day picnic in Cincinnati.

Obama praises labour movement, asks for help on health care plan

U.S. President Barack Obama declared yesterday that modern benefits like paid leave and minimum wage "all bear the union label," as he appealed to unions to help him win the health care fight in Congress.

He used his speech on yesterday's North American Labour Day holiday to tick

off a host of steps his administration has taken to steady the economy, and he made a special pitch for the health care overhaul he has pushed.

"We have never been this close," Obama said. "We have never had this broad an agreement on what needs to be done." **THE ASSOCIATED PRESS**

Three convicted in transatlantic airline plot

Three British Muslims were convicted yesterday of plotting to murder thousands by downing at least seven trans-Atlantic airliners in simultaneous attacks designed by al-Qaida to be the deadliest terrorist strike since Sept. 11, 2001.



Ali Sarwar Hussain

Abdulla Ahmed Ali, 28, Assad Sarwar, 29, and Tanvir

Hussain, 28 were found guilty in Crown Court in London of leading a 2006 plan to detonate bombs on aircraft bound for the United States and Canada, using liquid explosives hidden in soda bottles. Four other men were acquitted of con-

spiring to bomb airliners, but admitted to lesser charges — in one case conspiracy to murder. The case brought new restrictions for air passengers, including limits on the amount of liquids and gels they can take on board. **THE ASSOCIATED PRESS**

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Comment

Defining Iggy's image

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

The Liberal campaign slogan, as revealed in its new TV advertising, is "We can do better." The one good thing about the mediocre ads is no one can argue with that premise. The country can always do better. That won't strike many as justification for trying to force an election. But Canadians aren't going to want an election six months from now either.

When Michael Ignatieff is asked to justify a campaign he should just follow up on the advertising theme and say, "Because I think I can be a better prime minister." That would be the honest response. It isn't because there is some single pres-

ing issue on which his Liberals have a magic answer. It's about ego.

The commercials, one in English, two in French, do not, like Conservative ads, feature scuzzy personal attacks. What is curious about them is they try to portray Ignatieff as a man of the people. In the English-language ad, he is standing in a regular blue shirt with a forest as the background — like he is getting ready to lead a

boy scout troop on a hike.

This ordinary-guy pose is obviously designed to defray criticism that he is an ivory-tower elitist. But the Liberals should be careful here. The party pursued Ignatieff and made him leader not because he was a conventional political type but because he was deemed to be exceptional. Canadians, one suspects, would prefer the exceptional — not another run-of-the-mill political hack.

The English language ad does portray him as thinking in bigger terms about the country. That's refreshing because what has grated about the Harper government is its negativity and small-minded-

ness. Like oth-

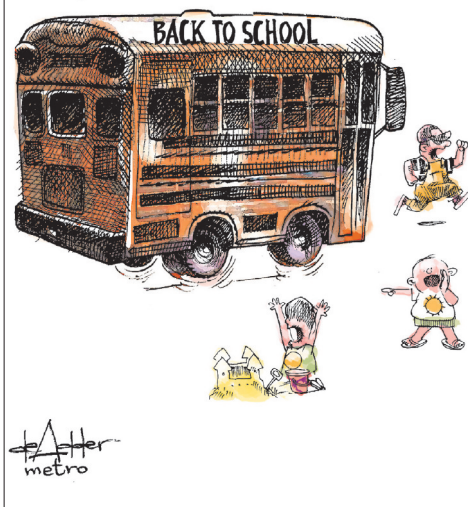
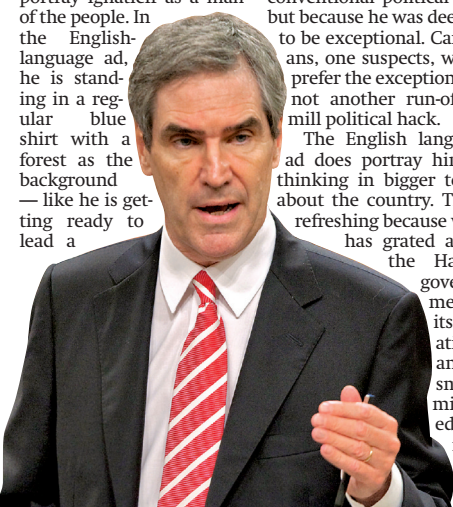
er career politicians, Harper views politics as a mud-fight. Iggy didn't come from that culture and must not descend to that level.

The election result will pivot on the image of him that emerges. Harper is a known quantity. He is reasonably competent, but unlikely. The image is not about to change. Ignatieff, on the other hand, has yet to define himself. To try to do so during a campaign is risky business. This will be Harper's fourth campaign. He is still only 50. Ignatieff, 62, will be running his first national election.

If he runs a smart campaign and generates excitement as a leader of promise, the one who makes the country do better, the Liberals will win.

If he is ambiguous and stumbles, the Conservatives will cruise to another victory.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Worth mentioning

Report urges improved reading, writing skills

Children who aren't reading well by the end of Grade 3 are at risk of dropping out or failing to graduate, warns a new report released as kids get back to their school routines.

But just because youngsters are attending classes, it doesn't necessarily mean they're mastering those all-important reading and writing skills in an expected time frame.

At least 30 per cent of students don't have sufficient reading or writing abilities by the end of Grade 6, says the report by the Canadian Education Statistics Council.

The report notes that about five million students are returning to school, but

if nothing changes, at least one million won't graduate.

"A large number of students who are failing to complete high school are failing to complete because they haven't picked up a golden ticket along the way," says principal investigator Julia O'Sullivan, dean of education at the University of Western Ontario in London, Ont.

"And the golden ticket, as far as I'm concerned, is the ability to read and write well enough to support success in school."

One of the problems, she argues, is the emphasis on teaching reading and writing in Canadian schools begins to fade after about Grade 4. **THE CANADIAN PRESS**

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Melody Parubocz, executive director of the Movement for Canadian Literacy, says approximately 46 per cent of adults in Canada aged 16 to 65 don't have literacy skills at the level needed to function fully in our information-based society.

Views

Canada needs a new security watchdog



Reg
Whitaker

Security and intelligence problems keep popping onto the national agenda, even though very few of us want to see them there. Over the past several years, Ottawa has set up three special public inquiries into national security issues, and at least two other issues have raised calls for more inquiries.

Continually calling new inquiries is not good public policy. Each such inquiry is a one-off, expensive and time-consuming, and the expertise assembled for each inquiry is dispersed at the end, while the next inquiry has to start from square one.

Ongoing accountability mechanisms form a poor patchwork, covering only parts of the process, able to report only on their own narrow institutional stovepipes. The report on Omar Khadr's situation was an all-government position, especially involving foreign affairs, whose intelligence activities are not subject to any ongoing scrutiny.

Over the years, each move to extend accountability has simply extended the patchwork, with highly uneven results. CSIS receives relatively good scrutiny. The RCMP, on the other hand, is inadequately scrutinized for both its national security and its law enforcement activities, as the pres-

ent and past chairs of the RCMP Public Complaints Commission have insisted publicly. Yet as a result of the Maher Arar report, the commissioner of the RCMP was forced to resign.

It is time to institute an effective ongoing accountability process for the entire security and intelligence community, one that will remain in place ready to investigate and report on any and all issues that come up, without having to call for special, one-off inquiries. The government has promised to do just this, but action has not followed. Justice Dennis O'Connor made wide-ranging policy recommendations in the Arar report, yet almost three years have passed with no visible response.

O'Connor recognized

that the practice of security intelligence in the age of global terrorism has changed. Where stand-alone agencies once conducted their own operations on their own turf, today integration is the key: Integration across agencies, and across government jurisdictions. O'Connor pointed out that if accountability is to be effective, it must also be integrated. He proposed a set of institutional and legal mechanisms to achieve this. These should be at the heart of any reform package.

Better accountability in national security is in everyone's interest. This ball is now in the government's court.

Reg Whitaker is an adjunct professor of political science at the University of Victoria.

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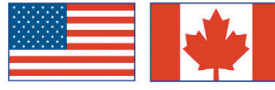
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Regulators on Friday shut down banks in Missouri, Illinois and Iowa, pushing to 88 the number of U.S. banks that have failed this year under the weight of the soured economy and rising loan defaults. **THE ASSOCIATED PRESS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Madoff probes bungled: Report

The official at the Securities and Exchange Commission who later would marry Bernard Madoff's niece told investigators this year that if he had carefully reviewed a complaint about the disgraced financier's business, he would have investigated more deeply, a new report shows. The 477-page document, released Friday evening, paints in excruciating detail how the SEC probes of Madoff were bungled over 16 years. **THE ASSOCIATED PRESS**

Tech fans awaiting fresh Apple products

Once again, it's time to peer into Apple Inc. CEO Steve Jobs' cup and try to read the tea leaves.

Apple, as usual, has said almost nothing about the new products it plans to unveil at an invitation-only affair tomorrow in San Francisco. Bloggers and Apple fans have filled the vacuum with "leaks," rumours and wish-list items that,

while often far-fetched, can't completely be ignored. Sometimes, a bit of truth shines through.

In recent years, the California-based company has used its September event to unveil new iPods, which have grown smaller, sleeker and more powerful with each new generation.

This year's event is along the same lines, if Apple's

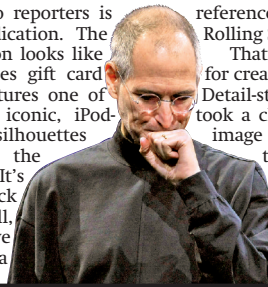
email to reporters is any indication. The invitation looks like an iTunes gift card and features one of Apple's iconic, iPod-toting silhouettes and the words, "It's only rock and roll, but we like it," a

reference to a 1970s Rolling Stones song.

That still left room for creative speculation. Detail-starved bloggers took a close look at the image and noted that the headphones jack into the large-ish iPod

at the bottom — making it an iPod Touch, not an iPod classic. The observation has added weight to one rumour that Apple could discontinue the classic.

Apple watchers are also looking out for the ninth incarnation of iTunes. One of the more solid predictions is that Apple will be packaging digital albums with videos, liner notes



Apple CEO Steve Jobs

m.metronews.ca



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and album art that could be viewed in iTunes

THE ASSOCIATED PRESS

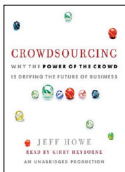
Business taps into power of numbers

Crowdsourcing

Author: Jeff Howe

Publisher: Crown Business

Price: \$32.00



REVIEW Imagine you could run a business that allowed you to be creative and have great work-life balance, and all the nitty-gritty work gets done by thousands of other people. Doesn't sound any different from your regular CEO gig, does it?

How about the part where you are the only one collecting a paycheck ... and no, I'm not talking about slavery.

Jeff Howe, the author of *Crowdsourcing*, examines this change in how businesses operate and generate new ideas. Howe argues that by using crowds, often online communities, businesses are able to create a higher level of engagement with their customers.

Using examples such as how Threadless.com came to be the T-shirt juggernaut of the world wide web, or how iStockphoto overtook Getty Images in the stock photo game, Howe paints an impressive picture of why companies like Procter & Gamble are starting to take notice of the power of crowds.

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Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

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OPEC likely won't cut targets: Analysts

ENERGY With oil prices about where OPEC wants them and a modest economic upturn in the offing, the oil cartel isn't likely to tighten the taps when its leaders meet this week in Vienna.

Prices have been hovering near \$70 US a barrel, and with returning growth expected to support demand, analysts don't expect the Organization of Petroleum Exporting Countries will feel any need to cut output targets.

"Absolutely nothing," said John Hall, of John Hall Associates in London.

OPEC President Jose

"Unless Saudi says 'We're going to cut by a million barrels a day,' nothing's going to happen."

Analyst John Hall on this week's OPEC meeting

Botelho de Vasconcelos, who is also Angola's oil minister, said last week that signs of recovery suggest the 12-member group won't need to intervene. "Everything shows they will keep output unchanged," he said.

Kuwait also says it thinks oil prices are stable and there's no need to cut production, even though stockpiles are rising. Alge-

ria, Kuwait, Libya, Qatar and the United Arab Emirates have signalled they're happy with the current output quota of just under 25 million barrels a day.

Saudi Arabia, OPEC's No. 1 producer and most influential member, has said \$75 a barrel is a fair price for both consumers and producers — a level that would allow for continued

investments in the oil sector without undermining efforts at global economic recovery.

"Unless Saudi says, 'We're going to cut by a million barrels a day,' nothing's going to happen" at Wednesday's meeting, Hall said.

Benchmark crude for October delivery climbed to near \$69 US a barrel yesterday on the New York Mercantile Exchange. Over the past six weeks, it has fluctuated in the \$65-\$75 range amid conflicting signs of economic recovery.

THE ASSOCIATED PRESS

Investors buy B.C. TV station from CanWest

MEDIA CanWest Global Communications Corp. says a group of private investors has bought the Victoria-based local TV station it was planning to shut down.

The Winnipeg-based company said Friday that the investors group paid a "nominal purchase price" for CHEK-TV, one of British Columbia's oldest stations, but wouldn't disclose the exact price tag. CanWest had planned to close the station last Monday, saying that it has been a money-loser since it purchased it in 2000.

However, the company extended programming this week as it worked out the deal.

John Pollard, the station's general manager, said the deal was put together in just four days after talks broke off last week. He wouldn't comment on the price paid for the station, but said part of the transaction deals with control room services.

THE CANADIAN PRESS

Business in brief

BOOKS Internet search leader Google Inc. said yesterday it is making concessions to European publishers to try and soothe worries over its Google Books project, which aims to put many hard-to-find books online. Google's digital library has raised hackles among Internet rivals such as Microsoft, Yahoo and Amazon. **CANDY** Kraft Foods Inc. yesterday proposed a 10.2 billion pound (\$16.7 billion US) takeover of Cadbury PLC, but the offer was immediately rejected by the British candy maker. **THE ASSOCIATED PRESS**

Russian steelmaker profits plummet in downturn

Russia's largest steelmaker Severstal posted a \$290 million US loss in the second quarter this year, compared with a \$1.5 billion profit a year earlier, as the steel market remained vulnerable to flagging demand in the global economy. **THE ASSOCIATED PRESS**

Hummel **New ownership**

Pottery painter Sabine Tzscheuschner works on a figurine "Feeding Time" at the Hummel figurine manufactory in Roedelental, Germany. The 74-year-old line of sentimental porcelain figures is trying to make a go of it under new owners, having been shut down from October 2008.

Market direction 'still up in the air'

STOCKS Markets could be under pressure this week as traders get back to work after Labour Day without a hoped-for catalyst that might drive the six-month-old rally even higher.

"The direction is still up in the air," said Blair Falconer, portfolio manager at HSBC Securities.

"The big worry for the next little while is just going to be, are we going to give back the rally from the summer or can we continue it in the fall?"

Stock markets ended the week modestly higher following more glimmers of good news that indicate the recession is ending.

The major report for the week was employment data, from Canada and the U.S. The Canadian report showed job gains of 27,100 last month, however, they were in services and part-

time positions. A positive report from the U.S. showed the economy lost 216,000 jobs last month, slightly better than predictions of around 225,000.

In the U.S., the Institute for Supply Management, a trade group, reported that the manufacturing sector grew in August for the first time in 19 months, and its service sector index rose to 48.4 last month, the highest level in nearly a year. American home sales, meanwhile, have increased for several months and prices are stabilizing.

But with major indexes up well over 40 per cent from the lows of early March, investors are demanding more proof that the economic recovery will be strong enough to justify that sharp runup.

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THE CANADIAN PRESS

Business in brief

BID Nortel Networks closed the submission process in the auction of its enterprise business Friday with multiple bidders, but only one publicly acknowledging interest in the chunk of Canada's former tech-

nology equipment giant. U.S. company Avaya submitted a \$475-million US stalking horse bid back in July and remains the only firm that has made a public comment about their offer. **THE CANADIAN PRESS**

Google Books project making European publishing concession

Internet search leader Google Inc. said yesterday it is making concessions to European publishers to try and soothe worries over its Google Books project, which aims to put many hard-to-find books online.

Google's digital library has raised hackles among Internet rivals such as Microsoft, Yahoo and Amazon and triggered fears among some European copyright holders that their exclusive rights could be eroded.

Google spokesman Bill

Echikson said the company would try to take these concerns on board and would appoint two European representatives to a registry that oversees the project — one representative for authors and one for publishers.

He also said that Google would do more to check that English-language editions

of books originally published in a European language weren't wrongly listed as out-of-print in the United States. Publishers feared that adding such books to the Google library would lose them sales and hurt their right to sell

books in their catalogue. The European Commission is holding a hearing to examine the effect of Google's 10-month settlement with U.S. authors and publishers on copyright holders in the European Union.

Unlike the U.S., Google is only scanning European books over 150 years of age to avoid infringing copyrighted material.

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Dear Friend,

Sit back for a minute and think about how much the World has changed in the past 5 years...

In the late Summer of 2004, the economic upturn was still in its early stages, GM was making a profit, the travel industry was flying high, and Canadian real estate prices were just starting to boom.

In 2004, there was no YouTube, no Facebook, no Twitter, and no iPhone. Sub prime mortgages were barely even invented (and no one had heard of them). There was no Barack Obama, no Michael Ignatieff, no Ugly Betty, no Grey's Anatomy and no John & Kate Plus 8.

Canada, North America and the World have all changed dramatically in the past 5 years. And we have changed... our jobs and businesses have changed... what we know about the World has changed... what we do with our time has changed... our relationships have changed... even what we eat has changed (remember trans fats?).

But, there is one area where most people have not changed. While conducting my research over the past 7 months, I uncovered a shocking truth that surprised even me...

Most Canadians are making business and investment decisions as if they were still living in 2004!

It's as if part of our brains got caught in a "time warp" and can't get out! Make no mistake... those who continue in this "time warp" will pay a heavy price. They will make little, if any, money from their businesses or investments... some will lose a large portion of their retirement savings and have to keep working well past age 65... and some will lose everything and end up old and poor... and some, well, I don't even want to even think about it.

But that's not all. While doing my 7 months of

research, I also discovered something else... something much more profound...

For the first time in history, to be a successful entrepreneur, business owner, investor, manager or employee... the knowledge required is now the same!

Did you get that? Do you understand how profound that is? Let me repeat it again. **For the first time in history, to be a successful entrepreneur, business owner, investor, manager or employee the knowledge required is now the same!** In the past, the knowledge and skills required to be a success in each of these five career areas was very different. But now they are virtually identical. Let me give you an example.

Knowledge Economy Secret #3 - Recognizing Profitable Opportunities. This skill was once the domain of entrepreneurs and serious investors. But no more.

The Rules Changed and I Got Caught!

Early last year I made a business investment decision based on the "old rules" — the rules that have made me millions over the past 24 years. But not this time. The rules changed and I got caught.

Once you understand this Knowledge Economy Secret and its "New Rules," this one secret alone could prevent you from making a huge mistake like I did. But there is something much more powerful going on here...

Understanding and applying this single Knowledge Economy Secret could make you very rich in as little as 3 years!

And that's just one Knowledge Economy Secret. I've actually uncovered 15 of them! And it gets even better. I can't predict when the recession will end. I can't tell you if we're headed for the next great boom or next great depression. It doesn't matter. Why? Because...

All 15 Knowledge Economy Secrets work no matter what the economy doing!

In fact, some of them do even better in a recession! Uncovering the 15 Knowledge Economy Secrets has been one of the most exhilarating experiences of my life. And I want to share them with you. But I have two conditions you must meet. First, you must be as

excited about them as I am. And second, you must be able to benefit from them. You qualify if you are...

>>>An **entrepreneur** and want to launch a new business.

>>>A **business owner** and want to expand your existing operation.

>>>An **investor** and want to make the investment of a lifetime.

>>>A **manager** and want to make your division or unit the most profitable in your firm.

>>>An **employee** and want to significantly contribute to the success of your company.

Congratulations! You're invited to attend my all new seminar called **How to Leverage My Knowledge Economy Secrets to Propel Yourself to Wealth and Prosperity™** which takes place in Edmonton on September 22 & 23, 2009.

My Seminar is an interactive, deeply-moving, multimedia experience. There will be learning, interaction and even some fun. I will explain the secrets of today's Knowledge Economy, in a non-technical way, so you will know how to make money using the ideas. Here's a list of just some of the topics that I'll be sharing with you:

✓ **A step-by-step system to get more done with less time and energy... and even increase your cash flow with less effort!**

✓ **The Myths of today's Knowledge Economy and why believing them will keep you broke!**

✓ **The characteristic wealth skill that the rich have to create and maintain their fortunes — and how you can acquire this!**

✓ **How to break out of your financial rut and use today's Knowledge Economy to your advantage!**

✓ **Plus much, much more!**

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"Raymond's multi-media approach to presenting the New Economy was quite remarkable and a great learning tool for us all to see."

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"Restrict the amount of money you spend eating out, especially on calorie-laden takeout, and you'll be lean and mean in no time. Set aside an amount in cash every week or every paycheck and once it's gone, your dining out is done."

Alison's Money Rule:

- When trying to lose weight, forget about the calories and concentrate on how much you spend on what you consume away from home.

Concentrate on your wallet to lose weight



Eating out obviously takes a bigger chunk out of your wallet than food consumed at home.

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

The diet industry is a perennial money maker from exercise programs to magic potions and from diet books to calorie counting counselors. In the end, though, pretty much all of it centres on food.

Here's a different approach. Lose weight by focusing on money. A recent fascinating article in *ethicurion.com* by Marc R., aka Mental Masala (forgive him, he's a food writer), points out that according to the U.S. Government Ac-

countability Office, per capita spending on food rose by 16 per cent between 1982 and 2007. Canadian data is less revealing but we tend to mirror Americans in our food spending.

Most of the increase noted comes from food consumed away from home. We all sense that every bite of takeout and restaurant food delivers a much higher caloric wallop than what you prepare yourself. Add to that the huge escalation in the frequency of eating out and the problem for dieters is clear.

Back in the 1970s, when disco was still cool, Americans consumed 18 per cent of total calories away from home.

Mental, who probably calls himself that after spending too much with government

reports, estimates the percentage had risen to nearly 50 per cent by the end of the 90s. I'm willing to bet the figure is even higher today.

Obviously, eating out takes a bigger chunk out of your wallet than food consumed at home, though you do get a lot more caloric bang for your buck.

If the aim was to get more (calories) for your money this would be fine. But if you are trying to lose weight, well, you get the picture.

So here's the money focused weight loss solution.

Restrict the amount of money you spend eating out, especially on calorie-laden takeout, and you'll be lean and mean in no time. Set aside an amount in cash every week or every paycheck and once it's gone, your dining out is done.

You'll save money and cut calories at the same time — now that's a diet!

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



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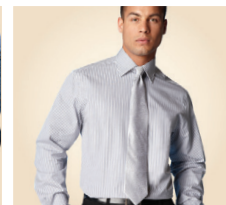
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Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents



Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance – assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

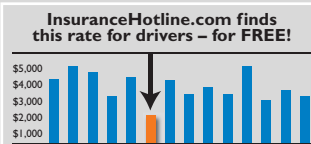
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12 business

Your Money

Investing in timeshares should not be for profit

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q My wife and I recently returned from a vacation. We got great tans and are the proud owners of a timeshare in Mexico. Initially, my wife was against the idea but I convinced her of the investment side of owning. In less than five vacations we would spend the equal cost of owning. What are average returns

in this industry? — Thomas

Food for thought

Don't buy a timeshare for:

- A profit
- Without a cooling period
- Without a lawyer
- Before reading the fine print and entire agreement
- With a credit card
- Under pressure to sign "now or lose the deal"

A Individuals should never purchase a timeshare as an investment. I should however, qualify this as, never purchase a timeshare with the intent of selling at a higher price. There are many things that can be

considered investments.

Purchases can generally be divided into two categories. Assets that appreciate and those that do not. Assets that appreciate would be real estate, stocks, art etc. Assets that depreciate would be automobiles, televisions, etc. Although, both offer some sense of satisfaction, depreciating assets seem to give more emotional satisfaction.

I have yet to hear of a timeshare that has increased over time. That in itself, does not make a timeshare a poor purchase. If your purchase was for enjoyment, then a timeshare can make good sense.

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

Power of Attorney important in planning for possible illness

DOCUMENT We have all heard the term Power of Attorney, but what is it exactly?

A Power of Attorney is a legal document that gives someone else the power to act on your behalf. This person is called your "attorney," though he or she is not usually a lawyer.

You may give a Power of Attorney for Property if you want someone to help manage your finances or are worried about becoming unable to manage them. You may also give Power of Attorney for a limited time if, for example, you plan to be out of the country for a while.

"Property" includes your money, home if you own one, and anything else you own.

What powers will my attorney have? Unless you

You should know

To give a valid Continuing Power of Attorney, you must be 18 years of age or older and mentally capable of doing so. That means you must:

- Know what property you have and approximate value,
- Be aware of your obligations to the people who depend on you financially,
- Know what you are giving your attorney the authority to do,
- Know that your attorney is required to account for the decision he or she makes about your property.

limit your attorney's authority they can do anything with your property that you could do, except make a Will or assign a new Power of Attorney on your behalf. Your attorney can act regarding banking,

signing cheques, buying or selling real estate, and buying consumer goods.

A Power of Attorney for Property does not let your attorney make decisions about your personal care. For example, your attorney cannot decide where you will live or the medical care you will receive. To appoint someone to make such decisions, you must complete a Power of Attorney for Personal Care.

What is a "Continuing Power of Attorney for Property"? A Continuing Power of Attorney for Property lets your attorney go on acting for you if you become mentally incapable of managing your property. To be valid as a Continuing Power of Attorney, the document must be called a Continuing Power of Attorney, or it must state that it gives your attorney the power to continue acting for you if you become mentally incapable.

When does a Continuing Power of Attorney for Property take effect? It takes effect as soon as it is signed and witnessed, unless you state in the document that you want it to do so at a later date.

For example, if you want it to take effect only if you later become incapable to managing your finances, ask your lawyer to make this clear.

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Pirates set futility record

The Pittsburgh Pirates set a new record in futility yesterday. Their 4-2 loss to the Chicago Cubs guaranteed the team's record-breaking 17th straight losing season. Only the Phillies (1933-48) have had as many as 16 losing seasons in a row. **METRO NEWS SERVICES**

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA



Throwing to the Lions

Matt Stafford, left, has won the Detroit Lions' starting quarterback job. Lions coach Jim Schwartz told his team yesterday morning that the No. 1 overall pick in April's draft would start Sunday's game against the New Orleans Saints. The Lions are coming off the first 0-16 season in NFL history. THE ASSOCIATED PRESS

Eskis pounded in Calgary

CFL RESULTS

Edmonton 8 Calgary 32



The Calgary Stampeders grabbed a share of first place in the CFL's West Division with a 32-8 win over the visiting Edmonton Eskimos in yesterday's Labour Day Classic.

Calgary, Edmonton and the Saskatchewan Roughriders, who were 29-14 winners over Winnipeg on Sunday, were bunched 5-4 atop the West.

After losing back-to-back games to open the season, the Stampeders have won four in a row and five of their last seven.

With 5,000 seats already added to McMahon Stadium

for the Grey Cup on Nov. 29, the sellout crowd of 40,729 made for the largest crowd in Labour Day history on a sunny, breezy day in Calgary.

McMahon will expand another 10,300 seats for the CFL's championship game, but they've already been spoken for as the Stampeders announced yesterday the Grey Cup had sold out.

Joffrey Reynolds, Jon Cornish and Jermaine Copeland scored touchdowns and Sandro DeAngelis contributed field goals from 10, 22 and 44 yards for the Stampeders.

Calgary quarterback Henry Burris completed 19 of 27 passes for 285 yards and one touchdown and was intercepted once. Edmonton's Ricky Ray was 27-for-39 for 274 yards and one touchdown pass.

Maurice Mann scored Edmonton's lone touchdown late in the fourth quarter on a seven-yard reception.

It's a short recovery week for both clubs as they meet again Friday at Commonwealth Stadium in Edmonton for their third of four meetings this season.

Edmonton had won four of five games heading into yesterday's game scoring 30 or more points, but the Calgary defence was dominant. The Eskis managed just four rushing yards and two single points in the first half.

Middle linebacker Tim Johnson, who signed with the Stamps on Aug. 22 and wears No. 0, led the defence with eight tackles.

Copeland's one-handed catch on a 21-yard throw from Burris made it 24-2 at

9:02 of the third quarter. A 37-yard dash by Reynolds two plays earlier put Burris within striking distance.

Hamilton 34 Toronto 15 — Kevin Glenn threw two TD passes to lead the Hamilton Tiger-Cats to a 34-15 win over the Toronto Argonauts yesterday.

Hamilton (5-4) snapped a six-game home losing streak against Toronto (2-7). The two teams don't have the luxury of time to mull over this one. The Argos host the Ticats Friday night. **THE CANADIAN PRESS**



Edmonton's Arkee Whitlock tries to escape from Calgary's Malik Jackson during the first half of the Eskimos' 32-8 loss to the Stampeders yesterday.

Stricker wins Deutsche Bank, takes playoff lead from Tiger

GOLF Given another chance to win a playoff event, Steve Stricker delivered back-to-back birdies to cap off a wild Labour Day finish and win the Deutsche Bank Championship yesterday, moving past Tiger Woods to the top of the FedEx Cup standings.

One week after missing a 10-foot par putt to force a playoff, Stricker rolled in

a 15-foot birdie on the 17th hole, then hit a delicate chip to tap-in range on the par-5 18th for a 4-under 67 one-shot victory over Jason Dufner and Scott Verplank.

The victory was his third

of the year, and moved Stricker to a career-high No. 2 in the world ranking.

Better yet, he has a 909-point lead over Woods in

the FedEx Cup with two tournaments remaining. Because the points will be reset after next week in Chicago, Stricker is assured of being no worse than the No. 2 seed and will have a chance at the Tour Championship

to go after the \$10-million US prize.

"It's been a blast, and I want to keep riding it out," Stricker said as he tried again to fight back tears.

THE ASSOCIATED PRESS

Canadians

• Mike Weir of Bright's Grove, Ont., and Calgary's Stephen Ames finished tied for 23rd at 9-under.

Sports in brief

SOCCER Manchester United warned Le Havre yesterday that action would be taken against the French club if it continues to claim financial inducements were paid to the family of a teenager signed by the Premier League champions. Le Havre's president had claimed the Red Devils offered 16-year-old midfielder Paul Pogba's parents cash and a house to join them.

FOOTBALL Cleveland Browns coach Eric Mangini has decided on his starting

quarterback, and he's keeping it a secret as long as he can. Mangini declined yesterday to name his starter for Sunday's season opener against Minnesota, and said he has not yet told Brady Quinn or Derek Anderson who won the job.

GOLF Suzann Pettersen is back in the winner's circle in a big way, capturing the CN Canadian Women's Open on Sunday for her first LPGA Tour victory in almost two years.

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Mark Buehrle won for the first time since pitching a perfect game on July 23, ending his eight-start drought by leading the Chicago White Sox over the Boston Red Sox 5-1 yesterday. The White Sox lefty had been 0-4 with a 5.44 earned-run average since his gem against Tampa Bay. **THE ASSOCIATED PRESS**

Balsillie ups his bid for Coyotes

RIM co-CEO offers \$242.5M US for Desert Dogs

Jim Balsillie is upping his efforts to bring the Phoenix Coyotes to Hamilton.

The co-CEO of Research in Motion has increased his bid for the NHL club to as much as \$242.5 million US, according to documents filed by Balsillie's lawyers in an Arizona bankruptcy court last night.

Balsillie had been offering \$212.5 million since the team was placed in Chapter 11 bankruptcy back in May.

The change is intended to address concerns raised in court by unsecured creditors and could see the City of Glendale — where the Coyotes play their home games — receive an additional \$50 million.

That money is intended to release the team from its 30-year lease for Job-

Qualified bidder?

There is no guarantee Balsillie's offer will prevail. Judge Redfield T. Baum has yet to rule

on whether Balsillie is a qualified bidder and can move the team to Hamilton.

ing.com Arena.

In court filings, Balsillie's lawyers acknowledge that Glendale would suffer "significant damages" if the team is allowed to move, but argue that the city would be better off with his offer than the one put forward by the NHL.

Balsillie's amended purchase agreement guarantees that Glendale would receive \$40 million as part of the purchase, provided it is willing to allow the team to continue using the arena "briefly while relocation is implemented."

The exact amount paid to the city is contingent on any relocation fees that might be given to the NHL, but could not fall below \$40 million.

Balsillie's new offer also extends the court's deadline to accept the sale from Sept. 14 to Sept. 21. Judge Redfield T. Baum urged Balsillie to allow for more time during a hearing last week.

Baum is scheduled to oversee an auction for the team on Thursday.

The Coyotes are scheduled to open the regular season on Oct. 3.

THE CANADIAN PRESS



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Melanie Oudin celebrates her win over No. 13 Nadia Petrova yesterday at the U.S. Open. Oudin rallied to win 1-6, 7-6 (2), 6-3.

Oudin's surprising U.S. Open run continues

TENNIS Forget about forehands and backhands. Melanie Oudin's biggest weapon is her heart.

The 17-year-old sparkplug from Georgia proved it again yesterday at the U.S. Open, extending her remarkable run to the quarter-finals with another come-from-behind victory, 1-6, 7-6 (2), 6-3 over 13th-seeded Nadia Petrova.

Oudin staved off two points that would have put her behind 5-3 in the second set, then rolled through the third, hitting corners with those underrated groundstrokes and taking advantage of 22 unforced errors by her more-seasoned, higher-ranked opponent.

Rankings, like her age, however, are only numbers.

The 70th-ranked player already had comeback wins over No. 4 Elena Dementieva and No. 29 Maria Sharapova at Flushing Meadows, along with one over former No. 1 Jelena Jankovic this summer at Wimbledon. Now, she's knocked off No. 13.

Too young to know any better? Maybe. Regardless, she has become the youngest American to move into the quarter-finals at America's Grand Slam since Serena Williams in 1999.

"I think this is going to do a lot," Oudin said. "I think it's good for American tennis."

THE ASSOCIATED PRESS

Twins pound Richmond early, Jays lose again

MLB RESULT

Minnesota 6 Toronto 3



BASEBALL Scott Richmond coughed up five runs in a terrible first inning and the Toronto Blue Jays were never able to escape the early hole in a 6-3 loss to the Minnesota Twins yesterday afternoon.

Richmond, from North Vancouver, B.C., allowed the game's first six batters to reach and five of them scored by the time he recorded the first out of the 45-pitch, 21-minute inning.

Joe Mauer opened the scoring with a two-run single, Justin Morneau of New Westminster, B.C., ended an 0-for-19 drought with an RBI single, Michael Cuddyer broke out of an 0-for-16 rut with an RBI single and Delmon Young brought home a fifth run on a fielder's choice.

Toronto-born reliever Jesse Crain (5-4) picked up the win. **THE CANADIAN PRESS**

Sports in brief

GENDER TEST Wilfred Daniels, the remorseful coach of a South African runner whose gender has been questioned, has resigned over the way her case was handled. Daniels says Caster Semenya's gender test was conducted without her knowledge under the guise of a doping check.

BASKETBALL The owner of the Memphis Grizzlies and the team's staff met with Allen Iverson yesterday as the sides moved closer to bringing the veteran to a very young team.

HOCKEY The U.S. beat Canada 2-1 to win the Hockey Canada Cup on Sunday in the building that will host the Olympic gold-medal final in women's hockey next February.

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Irish keeper suspended

Ireland goalkeeper Paddy Kenny has been banned for nine months after testing positive for a banned drug. Traces of ephedrine were found in a urine sample Kenny provided after playing for second-tier English side Sheffield United against Preston in May. **METRO NEWS SERVICES**

Five European nations on brink of 2010 World Cup

England, Spain could punch ticket tomorrow

European champion Spain and England are among five European teams that can secure a spot in the 2010 World Cup tomorrow, while France could be left with just the playoffs and Portugal may be all but out.

Serbia, Denmark and Slovakia can also advance, although the Danes and Slovaks need a win coupled with other results going their way.

Spain hosts Estonia in Merida and will be confident of winning for the eighth time in eight Group 5 games. The

Spaniards will qualify if second-place Bosnia-Herzegovina fails to beat Turkey at home.

Favourites with the British book-makers to win the

World Cup for the first time, the Spaniards are six points ahead of the Bosnians,

who have a four-point advantage over the Turks.

Vicente del Bosque's star-studded Spain is an overwhelming favourite to beat Estonia, which is next-to-last in the group, while the Bosnians go into their game knowing Turkey will be only a

point behind with a victory in Zenica.

England can also make it eight out of eight in Group 6 with a home victory over Croatia, and that would mean a place in South Africa next

year. It would also finally heal the pain of failing to reach Euro

2008 by losing 3-2 at



home to Croatia

under Steve McClaren.

Now under the guidance of Fabio Capello, England is much stronger and beat the Croats 4-1 in Zagreb a year ago.

"He has brought belief back to the fans and to the players," Los Angeles Galaxy midfielder David Beckham said yesterday. "That's what we needed to get back and to be playing the

football that we know we can play."

The Serbs have a home game against second place France and a four-point lead. A victory in Belgrade will put them through with the French then sweating on whether they make the runners up playoffs.

"If we have to go through the playoffs, we will," said France striker Thierry Henry. "If we don't finish first, we'll have to make sure we finish second, even though it's sad to say.

Since I've been in the French team we've often got in through the back door. Whatever happens, we have to get to South Africa."

Slovakia is close to reaching its first World Cup and, despite being held 2-2

at home by neighbour Czech Republic on Saturday, still leads Group 3

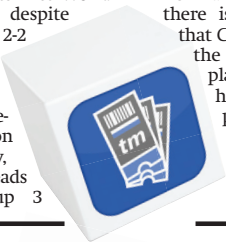
by two points from Northern Ireland.

The two teams meet in Belfast tomorrow and a Slovakia victory, coupled with a draw between Slovenia and Poland when they meet in Maribor, would spark celebrations back home.

The Czechs are still not out of contention for a play-off spot despite a poor qualifying campaign. They should beat San Marino at home and, depending on the other results, can still finish second.

Denmark can advance from Group 1 with a victory away to Albania, providing Portugal wins against Hungary in Budapest and Sweden fails to beat Malta.

Portugal remains in deep trouble, however, even after capturing a point away to Denmark on Saturday, and there is a strong chance that Cristiano Ronaldo — the most expensive player in the game's history and FIFA's player of the year — will not play in the World Cup. **THE ASSOCIATED PRESS**



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Mastering the Art of French Cooking, Volume I by Julia Child was the best selling cookbook at amazon.ca last week. Julie and Julia: My Year of Cooking Dangerously by Julie Powell came in second place. **METRO NEWS SERVICES**

Food

When it comes to cooking locally produced foods, keep your recipes simple to allow the fresh and natural flavours to come through, says chef Chris Venhuis.

THE CANADIAN PRESS



Just ask

Ensure that the products you are buying are truly local by reading labels and asking questions of vendors at farmer's markets and produce staff at supermarkets.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Tempura, warm salad and a crisp

Warm Spanish Chicken Salad

PREP TIME: 10 MINUTES
COOK TIME: 35 MINUTES
MAKES 4 SERVINGS

INGREDIENTS:

- 2 boneless skinless chicken breasts
- 1 tbsp (15 ml) extra-virgin olive oil
- 1/2 tsp (2 ml) paprika
- 1/4 tsp (1 ml) each salt and pepper
- 1 each sweet red and green pepper, cut into 2 cm-wide strips
- 6 cups (1.5 l) loosely packed mixed baby salad greens
- 1/2 cup (125 ml) thinly sliced sweet onion
- 1/3 cup (75 ml) quartered pimiento-stuffed green



Warm Spanish Chicken Salad

olives
1/4 cup (50 ml) each toasted slivered almonds and crumbled feta cheese
SHERRY VINAIGRETTE:
2 tbsp (25 ml) extra-virgin olive oil
1 tbsp (15 ml) sherry vinegar or red wine vinegar
1/2 tsp (2 ml) Dijon mustard

Pinch each salt, pepper and granulated sugar

METHOD:

In bowl, toss together chicken, oil, paprika, salt and pepper; transfer to foil-lined baking sheet. Add red and green peppers; bake in 375°F (190°C) oven until peppers are ten-



Pear Apple Crisp

der and chicken is no longer pink inside, about 35 minutes. Let chicken cool enough to handle; thinly slice crosswise.

In large bowl, combine salad greens, onion, olives, almonds, chicken and peppers.

SHERRY VINAIGRETTE:

In small bowl, whisk together oil, vinegar, mustard, salt, pepper and sugar; pour over salad and toss to coat. Sprinkle with feta cheese.

Pear Apple Crisp

PREP TIME: 12 MINUTES
COOK TIME: 1 HOUR
MAKES 6 SERVINGS

INGREDIENTS:

On the web

Columnists:

- Don't forget about Peter Rockwell's Liquid Assets column! This week, Peter checks out the all-season allure of White Zinfandel. Visit metronews.ca/liquidassets to read the column.



- 6 cups (1.5 l) chopped cored peeled pears
- 2 cups (500 ml) chopped cored peeled apples
- 2 tbsp (25 ml) all-purpose flour
- 2 tbsp (25 ml) packed brown sugar
- 2 tbsp (25 ml) lemon juice
- 1/4 tsp (1 ml) cinnamon
- TOPPING:**
- 1 cup (250 ml) quick-cooking rolled oats (not instant)
- 1/2 cup (125 ml) packed brown sugar
- 1/3 cup (75 ml) all-purpose flour
- Pinch ground nutmeg
- 1/3 cup (75 ml) salted butter, melted

METHOD:

In bowl, toss together pears, apples, flour, sugar, lemon juice and cinnamon until combined; spread in 8-inch (2 l) square glass baking dish. Set aside.

TOPPING: In small bowl, whisk together oats, sugar, flour and nutmeg; drizzle with butter, tossing with fork until crumbly. Sprinkle over pear mixture.

Bake in 350°F (180°C) oven until pears are tender and topping is golden and crisp, about 1 hour.

online

For more Tested-Till-Perfect recipes, visit canadianliving.com



Editor's Note

- Starting this Thursday, Metro is launching Urban Foodie, a column that reviews Toronto's best dining spots.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

New season, new plan

September is a great time to get serious about fitness

CELIA MILNE
For Metro Canada



Phew! Now that the kids are back at school and the end-of-summer chaos is over, it's time for your fall routine to settle in. For optimal health, that routine should include outdoor exercise.

September is a great time to get serious about fitness, says Sandra Banks, a certified personal trainer in Van-

couver.

"As the summer barbecues and patio parties wrap up, there are fewer distractions and fewer temptations. The cooler weather also makes outdoor exercise more pleasant."

As a bootcamp instructor, Banks often gets new clients out to her class in the fall. It's a time of great beginnings. If you are keen to start an exercise program, but are worried about motivation, here are some

"As the summer barbecues and patio parties wrap up, there are fewer distractions

.... The cooler weather also makes outdoor exercise more pleasant."

Sandra Banks, certified personal trainer

tips from Banks:

- Put it in writing: If you write it on your calendar and make it part of your regular schedule, you are less likely to skip out on a workout just because you're feeling a little tired.

- Try something new: Take a chance and sign up for something you've never tried before. For example, you could join an ultimate frisbee league or take rollerblading lessons. You'll be so busy learning new skills that you'll forget that you're doing exercise!

- Power in numbers: Sign up for a bootcamp or join a run/walk clinic. Or, better

yet, recruit some friends and start your own outdoor exercise group. If you're meeting friends, you'll look forward to working out, and even if you've had a long day, you'll show up because you won't want to let them down.

The benefit of walking or running with friends is bolstered by doing some resistance training and stretching afterwards. The old standbys – push ups, sit ups and squats – are good. If you haven't done these in a while, here are two beginner bootcamp exercises Banks suggests. No equipment is needed – just a



Try something new with your fitness routine like rollerblading or join an ultimate frisbee league.

park bench:

1) Bench Squat – Stand in front of the bench facing away from it and start to sit down. Just before your rear end touches the bench, stop and hold for a count of five, then stand up. Repeat 20 times.

2) Bench Push Up – Face the bench. Put your hands

on the seat (difficult) or the back (easy) of the bench. Keeping your abs tight and your hips and back straight, bend your elbows to 90 degrees, hold for a count, and then straighten your arms. Your wrists should be in line with your shoulders throughout the movement. Repeat 10 times.

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Tips for dealing with a sports injury

DENISE SURETTE
For Metro Canada



Whether you're a beer league softball player or a marathon runner, sports injuries can be painful, debilitating and frustrating.

Although prevention is always the best medicine, there is some advice to keep in mind, in case you find yourself on the injury list.

"Stick to your physiotherapy," are words of wisdom from Lauren Bird, who plays baseball and dodge ball in

Toronto year-round. After spending eight months in recovery from a torn ACL ligament (an important knee ligament), she said although it was frustrating, it won't stop her from playing sports.

Lindsay Davey, a registered physiotherapist at Toronto Physiotherapy, says icing an acute injury will help, and warns not to rush back into your activities right away.

"Ice is the best remedy for any 'new' pain or swelling

that occurs with injury," says Davey. "It's not wise to push through pain when rehabilitating from an injury."

Davey also says to remember the acronym R.I.C.E., which stands for "Rest, Ice, Compression, Elevation." This standard set of injury rules will help with pain, swelling and further injury, until you can see a doctor.

After a medical assessment, it's a good idea to look into alternative measures to help speed the heal-



After suffering a sports-related injury, physiotherapy and acupuncture are great ideas.

ing along. Physiotherapy, massage and acupuncture are great places to start the healing process.



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Actor Ali Larter (centre) plays a woman who tries to pursue another woman's husband in the thriller Obsessed.

Wanting what you can't have

The J Spot

Josey Vogels

metronews.ca/thejspot

Single women prefer their men attached: Study

I've always had unwritten rules about who you should and shouldn't date. Friends' exes are out, for example. So is asking someone out when you know a girlfriend

is already interested in him. Hitting on a girlfriend's guy when they are already dating is definitely out. In fact, in my books, hitting on any guy who's already attached or married

even if you're not friends with his partner is a no-no. It's just bad karma.

But it seems karma is no match for biology. Ninety per cent of the single women in an Oklahoma State University study on "mate poaching" were more interested in dating a man who was already in a relationship than a single man.

Past psychological studies have shown that some women may try to lure a man away from his current partner, a phenomenon known as "mate poaching." One 2004 study published in the Journal of Personality and Social Psychology suggested that as many as one in five long-term relationships began when one or both partners was already in a relationship with someone else.

But this new study, published in the current issue of the Journal of Experimental Social Psychology, shows that most single women actually prefer men who are already in a committed relationship.

Men and women were matched with students based on a description of their ideal romantic partner. When researchers described the women's match as single, 59 per cent of the single women in the study were interested in pursuing him. However, when they described the exact same man as being in a committed relationship, 90 per cent of the women were interested. Neither the men nor the already attached women who participated showed this preference.

Dr. Melissa Burkley, an assistant professor of social psychology at Oklahoma State University and one of the researchers behind the study, suggests that the reason behind this is that single women are more interested in pursuing unavailable men possibly because they are more interested in a guy who's already shown he can commit by being in another relationship, indicating he'd be a reliable mating partner.

Of course, the study doesn't show that, if you pursue the committed man and he goes for it, he's also clearly capable of breaking that commitment and cheating.

• Would you pursue someone you knew was already attached? Post your answers in the comments section of The J Spot column online at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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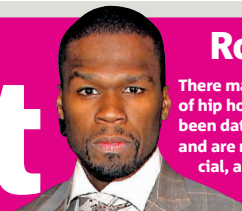
LONDON DRUGS

Walmart

Thurman, Busson to marry

Uma Thurman is set to marry her beau, Arpad Busson, with to a gala wedding at London's Kensington Palace sometime next June, according to the Daily Mail. **METRO NEWS SERVICES**

Entertainment



Royal couple

There may be a new king and queen of hip hop. 50 Cent and Ciara have been dating for more than two years and are now looking to make it official, according to blog All Hip Hop.

METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONWS.CA



Kate Beckinsale stars in the thriller *Whiteout*, which was partially shot in Manitoba.

Cold one for Kate

Beckinsale braves Canadian winter for *Whiteout*

NED EHRBAR
Metro World News



FEATURE Kate Beckinsale has done quite a lot on screen. She's battled fellow vampires in the Underworld films, worked triage while bombs fell in Pearl Harbor and put up with Adam Sandler in *Click*. But one thing she hasn't done in quite some time is use her real accent. "I'd like to play a character that is English. Maybe something a bit more classical," she says.

Well, she'll have to wait a little bit longer. In her latest film, *Whiteout*, Beckinsale fakes an American accent again, this time

to play U.S. Marshal Carrie Stetko, stationed in Antarctica and charged with investigating the continent's first murder just days before her post shuts down for the daylight-free winter.

Though she's had her share of intense sets, Beckinsale was taken aback by this film's extreme working environment. (Manitoba sat in for Antarctica for exterior shots.)

"It was a lot more intense, really, because we were all worried we were going to die of hypothermia any second," she says.

Not that they weren't prepared.

"When we arrived, they put a small telephone directory under our doors the night before we started shooting," she says.

"These are all the different ways it's possible to die here." Being too cold, or being too hot if you keep your clothes on for too long when you go inside. Or if you've ever had an alcoholic drink, or if you breathe in a westerly direction, you're going to die."

Beckinsale admits she

underestimated the conditions. "I thought, being from England, I know how to handle the cold. But it wasn't anything like that," she says, though the Canadian shooting only lasted a couple of weeks before the production headed indoors.

"I try and make it out like we shot in the cold for a lot longer than we did because it makes me sound a bit more tough," she says.

Aside from wanting to speak in her native accent, Beckinsale has other work aspirations after a few years of action, drama and suspense. "I'd like to do some comedy," she says. "That's what I'd really like to do."

**Whiteout
opens in
theatres
Friday**

DVD picks

Sugar

Director: **Anna Boden, Ryan Fleck**

MOST PEOPLE, NON-FANS included, believe that the Dominican Republic is an island

baseball haven, with limitless raw talent. The assumption has some factual basis — there's an abundance of players in the major leagues — but the reality is more Darwinian.

Then there's the adage, "It doesn't matter whether you win or lose, it's how you play the game." This, too, doesn't always bear up to the scrutiny of a game where winning is everything, and where often, in the case of injuries, your real character is exhibited in how you cope with not playing.

These are the sour lessons in *Sugar* for Miguel "Sugar" Santos (Algenis Pérez Soto), a cocky kid from San Pedro de Macoris who, at the age of 19, attracts the interest of big-time scouts for his powerful knuckle curveball. He heads to spring training with dreams of milk and honey.

Sugar quickly learns there's much more to the game than smoking a hot pitch across the plate.

Written and directed by the Half Nelson team of Anna Boden and Ryan Fleck, *Sugar* is a departure from movies of its kind in quietly observing that life is often a series of base hits rather than grand-slam homers.

Sin Nombre

Director: **Cary Joji Fukunaga**

SIN NOMBRE TRANSLATES

as "without name." In this drama of fugitive immigrants and gang violence along the U.S.-Mexico frontier, it refers to the characters' anonymous and unwanted status in the U.S., the promised land for many Latin Americans.

Getting stateside requires a combination of stealth and guile for anyone lacking the cash and connections. Character motivations are complicated and completely understandable. Among the film's many revelations is a cast of talented unknowns who stand to become much better known in years to come — which makes the "no name" title seem ironic.

A train drama that is usually the stuff of Bond film fantasy or cheap CGI trickery is rendered with documentary veracity by Adriano Goldman's award-winning camera work, which, like the action, never lets up.

The harsh realities of *Sin Nombre* could be pulled straight from today's headlines. The real source, though, is the heart and mind of writer/director Cary Fukunaga, who exhibits technical skills and life insights not often found in rookie filmmakers. Extras include deleted scenes and a commentary by Fukunaga and producer Amy Kaufman.

Peter Howell/for Metro Canada

BIG COMEDY BIG LAUGHS

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MON-THURS 8PM E/P

FROM THE BEGINNING

EVERYBODY HATES CHRIS

8:30PM E/P

FROM THE BEGINNING

8 SIMPLE RULES

FOR DATING MY TEENAGE DAUGHTER

9PM E/P

WHAT I LIKE ABOUT YOU

9:30PM E/P

MALCOLM IN THE MIDDLE

8PM E/P

22 entertainment



Susan Boyle fans are hitting amazon.com to rabidly pre-order Boyle's first CD, which will be released Nov. 24, and she's easily outselling Whitney Houston and the Beatles, Pop Watch reports. **METRO WORLD NEWS**

Charger accused in Tila incident

COURTS San Diego Chargers star outside linebacker Shawne Merriman was arrested Sunday and accused of choking and restraining his girlfriend, reality TV star Tila Tequila, as she tried to leave his home.

Tequila, 27, signed a citizen's arrest warrant, charging Merriman with battery and false imprisonment, San Diego County Sheriff's Lt. Gary Steadman said. Both are felonies.

Deputies responded about 3:45 a.m. to Merriman's house in Poway, north of San Diego, after a woman called to say she was choked by the player and thrown to the ground when she tried to leave, Sheriff's Department spokesman Jan Caldwell



San Diego Chargers linebacker Shawne Merriman has been accused of choking and restraining reality TV star Tila Tequila.

said at a news conference. Merriman's lawyer, Todd Macaluso, disputed Tequila's story and said he's confident Merriman won't be charged by the District At-



torney's Office.

"There was absolutely no wrongdoing on the part of Mr. Merriman," Macaluso said.

Merriman, 25, said in a statement late Sunday that he was worried for the safety of Tila Tequila because she appeared to be intoxicated and he didn't want her to drive. He says paramedics who were called to his home reported no injuries to Tequila.

Tequila, whose real name is Tila Nguyen, is best known for A Shot at Love with Tila Tequila, which ran for two seasons on MTV. **THE ASSOCIATED PRESS**

Town of brotherhood



Our Boys

Authors: Joe Drape
Publisher: Times Books
Price: \$32.00 (Hardcover)

New York Times reporter Joe Drape ventured to Smith Center, Kan., expecting only to pen an article on the small town's highly successful high school football team, the Redmen. But taken by the team's rousing head coach Roger Barta, Drape relocated to the community

to write a full novel on the team. What he found was a fostering culture that transcends football, the coach's encouragement and enthusiasm touching players' personal lives and futures. Through this intimate field study, Drape explores how a sports team is both a symbol of the collaborative power of a town.

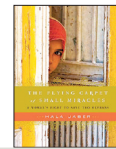


Getting Rid of Rosie

Author: Lynda Simmons
Publisher: Berkeley Books
Price: \$17.50 (Paperback)

When Samantha Marcello's best friend stole her fiancé Michael nearly a decade ago, Sam never thought she'd hear from either again. So when Michael stumbles in to the Silver Swan — the pub Sam has tried to busy herself with

over the years — she's shocked to learn Rosie died in a car accident and overcome by her nostalgic feelings for Michael. But Rosie won't disappear that easily, returning as a ghost, with whom only Sam can communicate. The past haunts her as Sam must reconcile Rosie and reconnect with Michael, all while maintaining the bar that's been her labour of love.



The Flying Carpet of Small Miracles

Author: Hala Jaber
Publisher: Viking Canada
Price: \$32.00 (Hardcover)

Hala Jaber finds the struggles in her private life intertwine with the vocation of her public one in her latest work. After trying unsuccessfully to conceive a child with her husband, the journalist couple relocate to Baghdad to report on the 2003 American invasion of Iraq. There, they find themselves honing in on the child victims of war, taking special notice of sisters Zahra and Hawra who are the sole survivors of a bombing that killed their family. Despite the children's serious physical and emotional injury, Jaber and her husband aim to save them, while raising awareness of the cost of combat on the young.

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ID	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2	CFRN	239	318	etalk	Hollywood	So You Think You Can Dance Canada Top 16 (N)		Flashpoint (DVS)				CTV News
3	KHQ	-	370	News (N)	Be-Millionaire	Jeopardy!	Wheel-Fortune	America's Got Talent		America's Got Talent (HDTV)		
4	CBXT	-	307	Wheel-Fortune	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
6	KREM	-	372	News	Hollywood	The Doctors (N)		NCIS: Semper Fidelis		(10:01) Big Brother 11		The Mentalist
7	CKEM	241	347	Law & Order: SVU		Murdoch Mysteries		Hell's Kitchen (PA) (N)		More to Love (N)		Your City
8	CITY	240	339	ET Canada	Entertainment	Bones (HDTV PA)		NCIS: Semper Fidelis		(10:01) Big Brother 11		News Hour
11	OMNI	-	-	Two/Half Men	The Simpsons	Omni News: S. Asian Edition		Hell's Kitchen (PA) (N)		The Simpsons	King	Metrolia
13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Shark Tank		Shaq vs. (HDTV) (N)		Primetime
16	KAYU	-	373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Hell's Kitchen (PA) (N)		More to Love (N)		News
19	CHTV	-	-	Off Air								
22	KSPS	-	374	NewsHour With Jim Lehrer		Nova (HDTV) (DVS)		Panda Nursery (DVS)		Wild! (DVS)		Yellowstone
24	WTVS	-	364	The Mystery of Chaco Canyon		To Be Announced		Keeping Up: Being Served		Tavis Smiley	Charlie Rose (N)	
15	CBCN	502	-	CBC News: The National		School of Secrets		CBC News: The National		CBC News: The National		School
21	TWNN	505	398	(S) EarthWatch One		EarthWatch One		EarthWatch Two				
27	CNN	500	500	Larry King Live (N)		Anderson Cooper 360 (HDTV)		Larry King Live				Cooper 360
46	CTVN	501	391	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
70	BNN	504	508	Taking Stock		Market Call		Commodities	Business News	Taking Stock		
20	TSN	400	400	Tennis: U.S. Open				SportsCentre		Boxing Rumble at Rama IX (HDTV)		
23	net	408	418	MLB Baseball		Sportsnet Connected		Saturday Night Poker		Sportsnet Connected		MMA Conn
47	SPEED	417	406	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride	Pass Time	Monster Jam (HDTV)		Super Bikes!
94	SCORE	410	403	X-Fighters		24/7	Score Now	Score Now		Score Now		Score Now
9	EDAC	267	351	Alberta Primetime		America's Got Talent		America's Got Talent (HDTV) Semifinalists perform.				
14	YTV	552	543	iCarly	iCarly	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
17	TREE	553	546	Little Bear	Maggie-Bear	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-Lan	Go, Diego, Go!
42	TOON	555	545	Jimmy Ten	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
45	FAM	557	541	Zoe 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
-	TVA	121	714	TVA 18 heures	Crucé-salé	Qui perd gagne (SC)		Caméra café	Taxi 0-22 (SC)	La Promesse (N) (SC)		TVA 22 heures
18	CMIT	575	583	Reba	Reba	Hope & Faith	Hope & Faith	Crossroads	Home Improve.	Home Improve.		Reba
25	A&E	515	520	The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
26	MMM	571	581	Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix		Wild 'n Out	H.S. Reunion	
29	FOOD	603	561	Hell's Kitchen		Good Eats	Good Eats	Iron Chef America		Unwrapped	Hell's Kitchen	
31	SHOW	617	522	Trailer Park	Trailer Park	The Outer Limits		Storm Cell (2008, Drama) Mimi Rogers.			Bones	
32	DISC	520	505	Destroyed	Destroyed	After the Catch (N)		Daily Planet		Destroyed	Destroyed	After the Catch
33	SLICE	617	522	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada	What Happen?	The Biggest Loser		Average Joe:
34	W	602	567	House-Sell	Style by Jory	Old Christine	Friends	Friends	Grocery Bag	Style by Jory	Style by Jory	Good Naked
35	TLC	521	560	18 Kids-Count	18 Kids-Count	Masters of Reception		18 Kids-Count	18 Kids-Count	Masters of Reception		Jon & Kate
36	BRVAO	620	523	Five Days in September: Rebirth		Song for Africa		Law & Order		Without a Trace		Radio Days
38	SPIKE	628	584	UFC Unleashed (N)		Surviving Disaster "Fire" (N)		Surviving Disaster "Fire"		CSI: Crime Scene Investgt.		Amazing Video
40	HIST	522	506	Cities of the Underworld		Ultimate Engineering		Crime Stories		M'A'S'H	M'A'S'H	Underworld
41	COM	626	547	Just for Laughs		Air Force	22 Minutes	Cornier Gas	Name Is Earl	The Simpsons	South Park	House Party
43	SPACE	627	528	Torchwood		Fringe		Stargate SG-1 (DVS)		Star Trek: Next Gener.		Trek: Voyager
44	WPCH	294	650	Old School ** (2003, Comedy) Luke Wilson, Will Ferrell.		Wilson, Will Ferrell.		Seinfeld	Old School ** (2003, Comedy) Luke Wilson, Will Ferrell.			
46	OLN	411	457	Survivorman		Survivorman		Dog the Bounty Hunter		Survivorman		Ghost Hunters
48	TROP	619	525	Prod. Parker	Prod. Parker	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy
50	STAR	621	527	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ	etalk	Girl Next Door	Girl Next Door	Ellen Show
52	HGTV	600	564	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes on Homes		SarahCottage	Genevieve	HGTV's Top 10
65	TLN	700	800	(6) Il Padrino (Parte 2 de 2)		George Lopez	George Lopez	George Lopez	Raymond	The Sopranos (SS)		Pagado
92	APTN	269	350	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	First Nation	Moose TV	Caution: Nuts	Moccasin Flats	Short Cuts (N)
93	VISION	261	364	Quantum Leap		Medicine Wmn	I Prophesy	Poltergeist: The Legacy		A Man for All Seasons (1966, Historical Drama)		Daddy's Girls
100	MTV	581	586	House-Jazzin	Daddy's Girls	Daddy's Girls	House-Jazzin	MTV Live	After	16 and Pregnant		MuchNews
101	MM	570	580	Starmaker		MuchNews	My Date With...	One Tree Hill		Starmaker		
102	CPAC	512	396	(6:30) Primetime Politics		Prime-Politics	Primetime Politics	Question Period		Prime-Politics	Primetime Politics	
103	VIVA	526	507	The Closer "Mom Duty"		Da Vinci's Inquest		Psychic Inv.	Encounters	Judging Amy		Missing
106	RDI	126	730	Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal (SC)		24 Hours in 60 minutes		The Téléjournal
161	SUPER			The Savages *** (2007, Drama) Laura Linney.				Synecdoche, New York ** (2008, Comedy-Drama)				I Could Never

critics'corner

Moose TV

Adam Beach stars in this half-hour drama as George Keeshig, who returns to his tiny northern hometown of Moose and discovers an abandoned television studio. He brings it back to life, which brings big changes to the town as old secrets are revealed and old baggage is unpacked. 9:30 PM on APTN



NCIS

A security breach at the Sec-Nav's residence during a secret meeting results in the death of an ICE agent, forcing Gibbs and his team to work with ICE and the FBI to find the killer. Tony finally comes face to face with Michael Rivkin in "Semper Fidelis." 9 PM on KREM CITY

Being Erica

You! Out of that box! And that shell, while you're at it! In this episode, Erica is feeling intimidated and inadequate in her new job at River Rock Publishing. She needs to get over her inhibitions and figure out that her skills aren't as limited as she thinks they are in "Erica the Vampire Slayer." 9 PM on CBXT

Box office

Following are the top 10 films at the North American box office for the weekend beginning Sep. 4, according to studio estimates:

- The Final Destination:** \$15.4 million US
- Inglourious Basterds:** \$15 million
- All About Steve:** \$13.9 million
- Gamer:** \$11.2 million
- District 9** \$9 million
- Halloween 2:** \$7.1 million
- Julie & Julia:** \$7 million
- G.I. Joe: The Rise of Cobra:** \$6.7 million
- The Time Traveler's Wife:** \$5.4 million
- Extract:** \$5.3 million

REUTERS

Kenya'sStyle



Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Romance wraps up for Jen and Gerard?

Now that Jennifer Aniston has wrapped shooting on *The Bounty* with Gerard Butler, sources tell Page Six she's worried things will cool off now that the two are going their separate ways. The pair have denied a romance. **METRO WORLD NEWS**



Celebrity Buzz

Director Bay a tyrant: Fox

UNGRATEFUL? Megan Fox continues her parade of outrageous quotes about life in Hollywood, this time complaining about director Michael Bay, who made her famous with his Transformers films.

"He's like Napoleon and he wants to create this insane, infamous mad-man reputation," Fox told *Wonderland* magazine. "He wants to be like Hitler on his sets, and he is. So he's a nightmare to work for."



She even suggests he endangered the lives of her and co-star Shia LaBeouf. "Shia and I almost die when we make a Transformers movie. He has you do some really insane things that insurance would never let you do," she said.

METRO WORLD NEWS

Madonna reconciling with brother?

TIME HEALS Madonna is making moves to reconcile with her brother, femalefirst.co.uk reports.

The singer fell out with Christopher Ciccone over a tell-all book he wrote about the star, which alleged her then-husband Guy Ritchie was a homophobic and that Ritchie was to blame for the breakdown of Ciccone's relationship with his sister.

Madonna was outraged with the publication of

Life With My Sister Madonna last year, but is now making steps toward speaking with her brother again and has sent him tentative emails.

A source told Britain's Sunday Mirror newspaper: "Madonna did it more for her family than for herself."



herself. Her feud with Chris was creating huge tension within the family so she decided to be the bigger person.

"At one point Madonna wanted all the family to cut off Chris — but her father wasn't willing," the source added. "It's been a nightmare ever since. She's calmed down

about the book and had time to think."

The source noted that Madonna's divorce from Guy last year has helped cool her attitude toward her brother.

She was originally upset by claims in Ciccone's book that Ritchie once tried to intimidate him by driving dangerously close to him, and that his friends made homophobic remarks to him at Ritchie's stag party.

METRO NEWS SERVICES

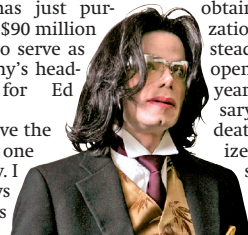
Neverland sold to designer

REAL ESTATE MOGUL Michael Jackson's beloved Neverland Ranch reportedly has a new owner. According to AFP, designer Christian Audigier has just purchased the \$90 million US estate to serve as his company's headquarters for Ed Hardy.

"I can have the house in one month now. I get the keys two weeks

from today," Audigier said in an interview.

Though he'd originally planned to turn the ranch into a museum, he hasn't obtained the authorization to do so. Instead, Audigier will open the doors each year on the anniversary of Jackson's death and organize exhibits and shows.



METRO WORLD NEWS

Jonas Bros on the move

ATTN: STALKERS The Jonas Brothers have upgraded their Texas digs, purchasing a six-bedroom, \$2.8-million US home in the Dallas suburb of Westlake, according to the Dallas Morning News.

While the family spends most

of its time in Los Angeles, they've kept a home in the Dallas area for years.

New neighbours include former Dallas Cowboys quarterback Drew Bledsoe, major leaguer Mark Teixeira and former British Open champion Brian Watts.



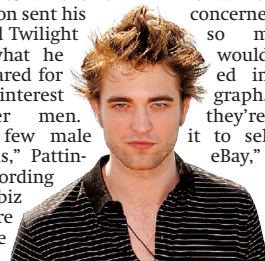
METRO WORLD NEWS

Robert's many male fans

NOT THE USUAL FANBASE Robert Pattinson has grown used to all the female attention sent his way by rabid Twilight fans, but what he wasn't prepared for was all the interest from other men. "There's a few male Twilight fans," Pattinson said, according to Showbiz Spy. "More and more

guys ask me for autographs in fact."

He admits he's a bit concerned as to why so many men would be interested in his autograph. "Unless they're only doing it to sell them on eBay," he muse



METRO WORLD NEWS

Cadbury

one for me



You could win[†] \$100,000 for you.

one for you^{*}



And \$100,000 for the charity of your choice.[‡]

Enter Cadbury UPCs online at oneforme.ca or oneforyou.ca



†NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit www.oneforme.ca or www.oneforyou.ca. Must be Canadian resident age of majority. 1 Grand Prize of \$100K + a matching cash donation to a charity of your choice. 203 Instant Win Prizes with ARV's from \$35 to \$1,000 + a matching cash donation to a charity in the contest rules. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. [‡]Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. *Trademark of or used under license by Cadbury Adams Canada Inc.

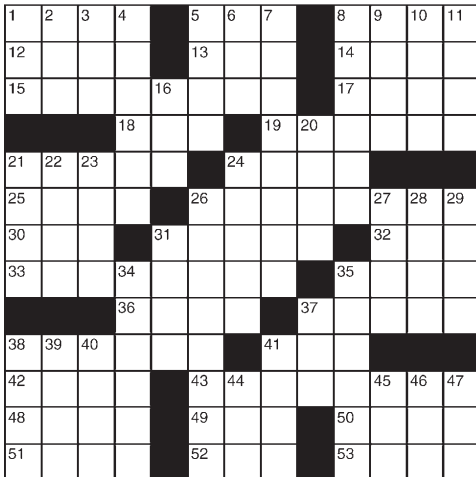


Today
Sunny
21°C / 7°C

Wednesday
Partly cloudy
24°C / 6°C

Thursday
Sunny
22°C / 6°C

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



ACROSS

1 Philandering sort
5 — Khan
8 Tablespoonful, maybe
12 Right on the map?
13 Gist
14 State with conviction
15 Parentheses' kin
17 Vast
18 Chop
19 Beauty pageant adornments
21 Refuge
24 Proscribes
25 Yale students
26
Uncomplimentary remark
30 Scooted
31 Where the action is
32 Tramcar filler
33 Crashing waves
35 Tatters
36 Prejudice

37 Pack to the future?
38 Insist on
41 Anti
42 Grand story
43 Part of NYC
48 Lima's land
49 — "Town"
50 Stead
51 Unisex shirts
52 Deleted
53 Greek vowels

DOWN

1 CSA soldier
2 Rowing need
3 "Born in the —"
4 Engraves
5 From the top
6 Eviscerate
7 Doesn't vote
8 Upholstery fabric
9 Finished
10 Video-game name
11 Eventful periods
16 Trivia whiz
Jennings
20 Oldster from

48-Across
21 KFC additive
22 Winged
23 Tarzan's transport
24 Fox and Rabbit of literature
26 Size comparative, once
27 Sow's mate
28 Jason's ship
29 Criterion
31 Related
34 Erstwhile calculator
35 Irritate
37 Excessively
38 Subdivision (Abbr.)
39 Duel tool
40 Muck's partner
41 String
44 Regret
45 Set afire
46 Verily
47 Greek consonants

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	9	6	1	3	8	2	4
3	6	4	5	2	8	7	9	1
2	1	8	9	7	4	6	5	3
9	2	6	8	5	1	3	4	7
8	4	5	7	3	6	2	1	9
7	3	1	2	4	9	5	8	6
4	5	2	1	6	7	9	3	8
6	8	3	4	9	2	1	7	5
1	9	7	3	8	5	4	6	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Sweet and Smoky Chicken Legs

INGREDIENTS:

2 medium onions, sliced
3 lbs (1.4 kg) chicken legs
1 1/2 to 2 tsp (7 to 10 ml) hickory smoked salt
1/2 cup (125 ml) ketchup
1/2 cup (125 ml) maple syrup
1/4 cup (50 ml) vinegar
2 tbsp (25 ml) prepared mustard

METHOD:

1. Place onions in greased 13-in. x 9-in. x 2-in. (33 cm x 23 cm x 5 cm) baking dish; arrange chicken in

single layer over onions. Sprinkle with salt.
2. Combine remaining ingredients and pour over all, completely coating chicken.
3. Bake, uncovered, at 350 F (180 C) 1 hour or until juices run clear, basting several times.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20

Some people have a way of getting under your skin, but if you stay calm and refuse to react to their stupidity you will feel better.

LIBRA

SEPT 23-OCT 23

You may not like making difficult decisions but today's Venus-Pluto aspect will help you push your emotions to one side and do what has to be done.

TAURUS

APRIL 21-MAY 21

Do whatever it takes to stay on good terms with partners and colleagues, because if you fall out now you may regret it later.

SCORPIO

OCT 24-NOV 22

Being such a can-do person others are always approaching you to help them out in some way, but time is limited at the moment.

GEMINI

MAY 22-JUNE 21

A family or financial issue must be resolved — not tomorrow or the day after but now. Today's cosmic alignments will make it easy for you to work things out.

SAGITTARIUS

NOV 23-DEC 21

You'll be on an ultra tight schedule today, so if you had planned to take some time off over the next 24 hours you had best put them on hold.

CANCER

JUNE 22-JULY 22

Get your head out of the clouds and start thinking along more practical lines. Pluto in your opposite sign of Capricorn will compel you to recognize truths.

CAPRICORN

DEC 22-JAN 20

Aim to accomplish something memorable today, something that brings you to the attention of the right kind of people.

LEO

JULY 23-AUG 23

You have never been the sort to dwell on what might have been. As far as you are concerned what's done is done and cannot be undone.

AQUARIUS

JAN 21-FEB 18

Certain people may be annoying but don't let them drag you down to their level. If you cannot adopt a positive attitude then just remove yourself.

VIRGO

AUG 24-SEPT 22

With the Sun transiting your birth sign you are determined to accomplish great things, and so you shall.

PISCES

FEB 19-MARCH 20

The planets promise that although things may be tough for you at the moment they will be much better in the long-term.

Edmonton's Wildest Art Show and Sale!

Join the Valley Zoo Development Society in raising funds for "Nature's Wild Backyard"; The next addition in the Zoo's Master Plan.

- Art work by over 30 local nature and wildlife inspired artists
- Watch Lucy the Elephant create a unique canvas with artist Tim Rechner
- Nose to nose animal encounters with Zoo residents
- Live musical performance by Ian Alleyne
- Complimentary appetizers and desserts, and a cash bar

Tickets \$20 in advance or \$30 at the door.

Saturday, September 12, 6 - 9 pm
For tickets or info call (780) 496-6924
or visit www.buildingthevalleyzoo.com



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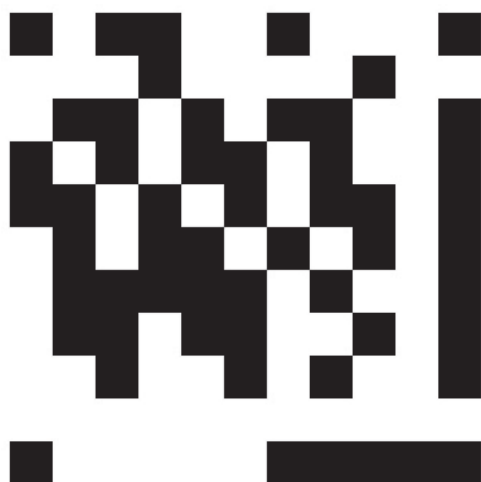
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WORLDWIDE CELEBRATION IN DUBLIN, IRELAND! TOTAL PRIZE VALUE \$7,000



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LEARN HOW TO SCAN THIS BARCODE ON PAGE 3



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SEE CONTEST RULES AND DETAILS ONLINE AT METRONEWS.CA

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Quick getaways from \$827



DEALS to EUROPE

London

Royal National
Hotel London • 3 ★
Breakfast • Standard rm.
Oct. 4, 21, 22 & 26 • 4 nts.

\$827

Taxes & other fees
(including service charges): \$473

Paris via Montreal

Mercure Paris Austerlitz
Bibliothèque • 3 ★
Breakfast • Standard rm.
Oct. 1, 7, 9, 14, 15 & 17 • 4 nts.

\$897

Taxes & other fees
(including service charges): \$420

DEALS to the WEEK

Varadero via Calgary

Sirenis La Salina
Varadero • 4 ★
All-Inclusive • Standard rm.
Sept. 13 • 1 wk.

\$639

Taxes & other fees
(including service charges): \$212

Cancun / Riviera Maya

Gran Bahia
Principe Tulum • 5 ★
All-Inclusive • Standard rm.
Dec. 24 • 1 wk.

\$1699

Taxes & other fees
(including service charges): \$264

Puerto Vallarta via Calgary

Canto del Sol
Plaza Vallarta • 3 1/2 ★
All-Inclusive
Standard rm.
Nov. 7 - 28 • 1 wk.

\$769

Taxes & other fees
(including service charges): \$267

Los Cabos via Calgary

Crowne Plaza Los Cabos
Grand Faro • 4 1/2 ★
All-Inclusive
Deluxe oceanview rm.
Dec. 27 • 1 wk.

\$1439

Taxes & other fees
(including service charges): \$268

Santa Clara via Calgary

Barceló Cayo
Santa Maria • 4 ★
All-Inclusive • Junior suite
Sept. 13 - 27 • 1 wk.

\$629

Taxes & fees: \$212

Cancun / Riviera Maya

Grand Oasis Viva Beach • 3 1/2 ★
All-Inclusive
Oceanview rm.
Dec. 24 • 1 wk.

\$1259

Taxes & other fees
(including service charges): \$264

Honolulu, Hawaii via Calgary

Aston Waikiki Circle • 3 ★
Hotel rm. city view
Dec. 6 & 13 • 1 wk.

\$799

Taxes & other fees
(including service charges): \$140

DEALS on CRUISES

Royal Caribbean International¹

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Mexican Riviera Cruise
Flights to Los Angeles via Vancouver
Interior stateroom, cat. N
Dec. 20 • 1 wk.

\$1759

Taxes & other fees
(including service charges): \$198

Grandeur of the Seas[®]

Eastern Caribbean Cruise
Flights to Tampa via Toronto
Interior stateroom, cat. N
Dec. 21 • 9 nts.

\$1779

Taxes & other fees
(including service charges): \$218

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